



Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health

Book Description

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Over 200 million Americans consume food products made of wheat every day. As a result, over 100 million experience some form of adverse health effect, ranging from minor rashes to high blood sugar to unattractive stomach bulges preventative cardiologist William Davis calls "wheat bellies." According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: it's due to the whole grain wraps we eat for lunch.

After witnessing over 2,000 patients regain health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic—and that elimination of wheat is key to dramatic weight loss and optimal health. In national bestseller, Dr. Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the American public as "wheat"—and provides readers with a user-friendly, step-by-step plan to navigate a new wheat-free lifestyle.

Informed by cutting-edge science and nutrition, along with case studies from men and women who have experienced life-changing transformations in health after waving goodbye to wheat, *Wheat Belly* is an illuminating look at what is truly making Americans sick and an action plan to clear our plates of this seemingly benign ingredient.

Review

Fascinating, compelling, and more than a little entertaining, *Wheat Belly* may be the most important health book of the year. --Dana Carpender, author of *500 Low-Carb Recipes*

Dr Davis' comprehensive, readable and witty book reveals that wheat, far from being the staff of life, is in fact the stuff of nightmares. Take his advice to lose wheat from your diet and you'll likely be paid back many times over in the form of a slimmer, healthier body and a better functioning brain. --Dr. John Briffa BSc MB BS nutritional physician and author of *Waist Disposal*

"Davis makes a compelling case" --Fort Worth Star Telegram

About the Author

William Davis, MD is a preventative cardiologist whose unique approach to diet allows him to advocate reversal, not just prevention, of heart disease. He is founder of the TrackYourPlaque.com program. He lives in Wisconsin.